

Recommended Resource List: Anxiety

To request a title from the State Library:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Make a Request" tab on the right. Complete the form with your name, library card number, and delivery choice. Then click on "Submit Form." Requests can also be made by calling the State Library's Circulation Desk at (502) 564-8300, ext. 337 or (800) 928-7000, ext. 337. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).
- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

Books

Barlow, David H. **Mastery of Your Anxiety and Panic: Workbook.** 4th ed. New York: Oxford University Press, 2007. Call number: [616.8522 Burl](#)

Beckfield, Denise F. **Master Your Panic and Take Back Your Life: Twelve Treatment Sessions to Conquer Panic, Anxiety and Agoraphobia.** 3rd ed. Atascadero, CA: Impact Publishers, 2004. Call number: [616.85223 Beck](#)

Childre, Doc Lew. **Transforming Stress: the HeartMath Solution for Relieving Worry, Fatigue, and Tension.** Oakland, CA: New Harbinger Publications, 2005. Call number: [155.9042 Chil](#)

Day, Laura. **Welcome to Your Crisis: How to Use the Power of Crisis to Create the Life You Want.** New York: Little, Brown and Co., 2006. Call number: [155.93 Day](#)

Foa, Edna. **If Your Adolescent Has an Anxiety Disorder: an Essential Resource for Parents.** Oxford; New York: Oxford University Press, 2006. Call number: [618.928522 Foa](#)

Gyoerkoe, Kevin. **10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life.** Oakland, CA: New Harbinger Publications, 2006. Call number: [152.46 Gyoe](#)

Hazlett-Stevens, Holly. **Women Who Worry Too Much: How To Stop Worry & Anxiety From Ruining Relationships, Work & Fun.** Oakland, CA: New Harbinger Publications, 2005. Call number: [152.46 Hazl](#)

Illman, John. **Beat Panic & Anxiety: the Complete Guide to Understanding and Tackling Anxiety Disorders**. London: Cassell Illustrated, 2006. Call number: 616.8522 Illm

Johnston, Joni E. **The Complete Idiot's Guide to Controlling Anxiety**. Indianapolis, IN: Alpha Books, 2006. Call number: 152.46 John

Leahy, Robert L. **The Worry Cure: Seven Steps to Stop Worry from Stopping You**. New York: Harmony Books, 2005. Call number: 152.46 Leah

Wood, Eve A. **10 Steps to Take Charge of Your Emotional Life: Overcoming Anxiety, Distress, and Depression through Whole-Person Healing**. Carlsbad, CA: Hay House, 2007. Call number: 615.5 Wood

Videos

Circuits of Fear: Anxiety Disorders. 52 min. Films for the Humanities & Sciences, 2002. DVD. Call number: VC DV 616.8522 Circ

Panic Attack. 12 min. Fanlight Productions, 2000. Video. Call number: VC 616.85223 Pani

Websites

<http://www.nimh.nih.gov/publicat/anxiety.cfm>

Anxiety Disorders is a brochure offered by the National Institute of Mental Health (NIMH). The brochure identifies the symptoms of anxiety disorders; explains the role of research in understanding the causes of these conditions; describes effective treatments; gives advice on how to obtain treatment; and suggests ways to make treatment more effective. Last accessed on September 23, 2008.